

Successful Strategies for Using Assistive Technology with Nursing Home Transition



August 29, 2012

Credits are Available

- **CEUs** will be administered thru GA Tech Professional Education.
- **CRCs** will be administered thru Tools for Life and approved by Commission on Rehabilitation Counselor Certification (CRCC).
- To receive your verification form, send an e-mail with your name, date of birth, organization, city, state and e-mail address to Liz@gatfl.org

Please evaluate us:

Please fill out this brief survey on today's
webinar:

<http://www.surveymonkey.com/s/L6FBG2N>

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.

~Anne Lamott

Tools for Life: Mission



Tools for Life increases access to and acquisition of assistive technology devices and assistive technology services for Georgians of all ages and disabilities so they can live, learn, work, and play independently in the communities of their choice.

Tools for Life

Georgia's Federal AT Act Program

- Developed Georgia's Plan for AT
- Serve individuals of all ages & all disabilities in Georgia
 - Over 45,000+ thru various activities throughout the year
- TFL Network
 - Assistive Technology Resource Centers
 - Lending Libraries
 - Training and Demonstrations
 - AT Reuse
 - AT Funding Education/Assistance and Resources



Our Speakers Today

- Andreena Patton and Edwin McWilliams, Disability Connections, The Middle Georgia Center for Independent Living
- Marie Young and Cyndy Milstead Anzek, Walton Options for Independent Living
- Naomi Walker, Georgia Advocacy Office

What is a Center for Independent Living?

By

Cyndy Milstead Anzek, MA, CRC, CBIS, CWIC

Marie Vermillion Young, JD



Cyndy Milstead Anzek studied psychology and Socio-cultural anthropology at Michigan State University before completing her masters in rehabilitation counseling from UALR. She parents 4 children. She is a volunteer guardian *ad litem*. She serves on the SC Brain Injury Associations board of directors as well as on the Statewide Independent Living Councils board of directors. She is currently serving as the president of a local lions club. In her spare time, she coaches the 5 yr old kinder kickers soccer team.

Marie Vermillion Young- Marie is a graduate of the University of South Carolina School of Law. She has been certified as a VA attorney and has worked in several different areas of law including criminal, family, estate planning, and disability. While in school Marie was a member of Phi Beta Kappa and served as a legislative aide in the South Carolina House of Representatives. She is the Advocacy Coordinator for Walton Options.



Centers for Independent Living

- **History**

- Ed Roberts – Father of the Independent Living
- Independent Living Philosophy/Movement



- **The Center for Independent Living**
 - Opened in Berkeley in 1972



Core Services

- A CIL is a consumer-controlled, community-based, cross-disability, nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.

Core Services Con

- Advocacy
 - Individual and Systems
- Independent Living Skills Training
- Information and Referral
- Peer Counseling
- Nursing Facility Transition

Core Services Continued

- **ADVOCACY**

- Individual

- We educate individuals about their rights and responsibilities as citizens to promote self empowerment.

- Systems

- Involves partnering with individuals, community members, and government to change attitudes and remove barriers so that people with disabilities have the same access to systems as everyone else.

Core Services Continued

- **Independent Living Skills Training**
 - CIL staff assist individuals learn basic tasks that lead to increased independence. These can include budgeting, resume writing, application assistance, employment readiness, and housekeeping skills.

Core Services Continued

- **Information and Referral**
 - CILs provide information in various areas related to living independently for people of all disabilities. We also refer individuals to other agencies in our network to assist consumers in reaching their various IL goals.

Core Services Continued

- Peer Support or Counseling
 - Individuals with disabilities serve as role models to and provide moral support for individuals who are new to Independent Living or their disability.
 - Peer supporters are often certified and have been through the same or similar experiences as those they are working to encourage.

Independent Living Plan

- The Independent Living Plan is a document created by the consumer and an IL Advocate.
- The Consumer and IL Advocate and work together to create the plan.
- The plan consists of the goal and steps or tasks needed to complete each goal.

IL Plan Continued

- How is IL different?
 - The consumer comes up with the goal. The advocate assists with identifying the steps needed to reach that goal.
 - The steps are broken into tasks.
 - The Consumer is in the driver's seat!!! We do not share opinions or tell consumers what they *need* to do.

Other Services

- CIL provide many other services, however most fall under the four core mentioned earlier.
- Example: Assistive Technology

Walton Options:

- Empowering persons of all ages with all types of disabilities to reach their highest level of independence, community inclusion and employment

- Georgia

- 948 Walton Way
Augusta, Ga 30901
Ph: 706-724-6262
Fax 1: 706-724-6729
Fax 2: 706-724-4404
Relay: 711

South Carolina

325 Georgia Ave.
N. Augusta, SC 29841
Ph: 803-279-9611
Fax: 803-279-9135
Relay: 711

Our Beginnings:

- Walton Options for Independent Living came out of a vision from the Director of Walton Rehabilitation Hospital to have available a continuum of services in the CSRA for persons with disabilities, which may begin with their entering a hospital or rehabilitation facility and ending with their living at home and independently in the community. Walton Options became incorporated in Georgia in September 1994. The agency is a non-profit 501(c)(3) and operates with a consumer-driven board of directors and a staff where over 51 percent are persons with significant disabilities.

Our Core Values:

- Persons with disabilities have a right to control and direct their own lives by making individual cultural and lifestyle choices among options that minimize reliance on others in decision-making and in performance of every day activities.
- Persons with disabilities have a right to participate actively in society, which means having opportunities to fulfill a range of social roles such as working, owning a home, raising a family, engaging in leisure and recreational activities, and participating to the extent one choose in all aspects of community life.
- Persons with disabilities have a right to equal access in education, employment, housing, and transportation as well as in purchasing goods and services.
- Persons with disabilities are individuals who, as a result of their disability, have cultural differences or may use different tools or methods to accomplish tasks. These cultural differences should not lead to exclusion. Inclusion in society, including education, work, recreation, transportation, and housing is highly valued.

Programs

- Assistive Technology
- Advocacy
- Institutional Transition Services
- Return to Work Services
- Life Skills and Independent Living Training
- Work Incentives Planning and Assistance
- Programs for the Visually Impaired
- Information and Referral
- Peer Support
- Home Modifications
- Just for Youth
- STAR Network

Skills Training



- *Walton Options offers:*
- Assistive Technology
- Advocacy
- Information & Referral
- Peer Support
- WIPA
- Employment Skills
- Visually impaired programs
- Institutional transition services
- Home modifications
- Etc.

Walton Options

www.waltonoptions.org



Success Stories

*Josephine



From Jo herself:

- In life, bad things happen to good people. However, many good things happen to good people too. The compassionate world we live in keeps it all in balance.
- In 1980 I was rendered quadriplegic after being shot by my husband. I was eight and one-half months pregnant at the time, paralyzed from the neck down. I have come this far by faith alone, leaning on the LORD. He has sent many good people my way, blessing me with a positive attitude to help me along the way. One of the proudest moments of my life occurred since that tragedy: it took me 25 arduous years, but I received my BA Degree in 2008!

Jo's story continued:



Freedom

- The journey to Jo's freedom was not an easy or a short one. While giving a talk on transition, I once said, it took us about 2.5 years to move her out to which she replied, "No, it took me about 22 years..."
- The effort was a collaborative one. Some of the agencies, organizations involved included: DDSN, WOIL, habit for humanity, Councilman Hightower, USCA, SCEG, ATT, SSA, SCTEDP, Lowes, Big Stevens Church women's group, friends, family, church members, etc.
- With this assistance, my home was modified and I was able to live on my own terms.

Mr. Walker

- Mr. W. Walker and his social worker first contacted Walton Options in February of 2010 due to his wish to transition out of a nursing facility in Augusta. Mr. Walker, originally from Augusta had relocated to Texas for work, but after having a stroke in 2007, he moved back to Augusta where he underwent therapy at Walton Rehab and then moved to the nursing facility. Due to his stroke, Mr. Walker uses a wheelchair and has very limited use of this right side.

Nursing Home Transition with AT

By Disability Connections
(The Middle Georgia Center for Independent Living, INC)

Nursing Home Transition

- It is very rewarding but A LOT of HARD WORK!!
- It can be quick but for the most part takes anywhere from 6months to 5 years
 - Depends on waiting lists
 - Home and Community Based Services (waivers)
 - Accessible Housing
 - Depends on funding
 - Assistive Technology
- Every transition is different...Assess what the individual needs
 - Waiver
 - Housing
 - Durable Medical Equipment
 - Furniture
 - Transportation
 - Food
 - Assistive Technology
 - Budgeting
- Most IMPORTANTLY...Think OUTSIDE of the box!!!

Consumer Scenario



Alvin



Alvin is a 62 year old who had a severe stroke which left him partially paralyzed and unable to communicate clearly. His speech is severely affected and a word or two maybe understood verbally. The stroke has prevented his mouth to be able to effectively speak the words he knows. He uses a manual wheelchair and propels with his feet. After his stroke, he went into the nursing home for rehabilitation and never left. His family provided no support for him. He does not drive nor own a car.

SOLUTION

- Disability Connections (DC) worked with him to transition from Nursing Home
- Assisted him in applying for Home and Community Based Services
 - Approved for a waiver and received 8 hours a day of attendant care
- Worked with him to receive a seating evaluation and assessment for a power wheelchair
 - While waiting for his new power wheelchair, he borrowed a recycled wheelchair through DC's TFL Star Network
- Assisted him with a Macon Transit Authority Para public accessible point to point transit application

SOLUTION (cont.)

- He borrowed a portable ramp from DC's AT loan program for one step entry into apartment until the apartment complex built a ramp at his door
- Assisted in research of transfer methods
 - Found a transfer pole
 - Used to get onto the bed at first
 - Decided best used in the bathroom
- Communication issues
 - Filled out application with GACHI for a TTY through the GA Telephone Equipment Distribution program
 - Borrowed a TTY from DC until he received his own
 - Utilized the 711 GA Relay

Consumer Scenario



Kari

- Play Kari Slide video

SOLUTION

- Disability Connections (DC) worked with her to transition from Nursing Home
- Assisted her in applying for Home and Community Based Services
 - Approved for SOURCE and received 10 hours a day of attendant care
- Collaborated with GAO to assist her with receiving a seating evaluation and assessment for a power wheelchair
 - While waiting for her new power wheelchair, she borrowed a recycled wheelchair through DC's TFL Star Network
- Assisted her with a Macon Transit Authority Para public accessible point to point transit application

SOLUTION (cont.)

- Worked with her in applying for a Section 8 voucher through Macon Housing Authority
- Assisted her with finding a wheelchair accessible apartment
- Assisted with her getting a hospital bed and hooyer lift
- Assisted her with getting a refurbished computer through the DC Touch the Future REBOOT program
- Assisted her with budgeting
 - Quicken
 - Excel spreadsheets
 - Set up of direct bill pay from her bank account

Success

- Play Kari Success video

Consumer Scenario



Lyndell



Lyndell had been in the nursing home for over five years from being hit by a car and left for dead in the parking lot at a Brave's game which left him paralyzed from the neck down (can only move his head) as well as an amputation of one leg. His speech was affected and resulted in very low speech volume and difficulty understanding, although with repetition and spending time with him, it became somewhat easier. He sat in a PVC showerchair in the same place everyday in the nursing home. He seemed easy to get along with but was very particular about things. It had been reported from the nursing home that he could get quite upset and would resort to biting and/or spitting NH staff.

SOLUTION

BEFORE Transition:

- Borrowed an Environmental Control Unit (ECU) in the nursing home through DC's AT loan program to learn how to control his environment independently
- Collaborated with GAO to assist him with receiving a seating evaluation and assessment for a power wheelchair
 - While waiting for his new power wheelchair, he borrowed a sip and puff wheelchair from his peer supporter through DC
 - Peer Supporter trained him on how to use a sip and puff wheelchair

SOLUTION (cont.)

- Assisted him in applying for Home and Community Based Services
 - Approved for a waiver and received 12 hours a day of attendant care
- Assisted him with getting Durable Medical Equipment
 - Hoyer Lift with a sling
 - Hospital bed
 - Showerchair
- Assisted with Para-transit voucher through the Macon Transit Authority
- Assisted him in locating housing
 - Chose wheelchair accessible public housing

SOLUTION (cont.)

After Transition:

- Medicaid provided a new power sip and puff wheelchair
 - NHT funds were used to purchase an ECU port for his wheelchair to interface with his ECU from his wheelchair
- Environmental Control Unit purchased and Door opener with a Numerical keypads
 - NHT Funds
 - Brain and Spinal Cord Injury Trust Fund
- Assisted him with obtaining a grant to get a van accessible van
- Emergency Response System

Lyndell

- Play Lyndell video

CONCLUSION

- Assistive Technology plays an enormous part in Nursing home transition
 - Smallest device could mean hours of independence when an attendant is not available
 - Assist Technology (like the door openers) can be used for high level quads or people with less significant disabilities
- ALL transitions are unique and individualized to what the consumer needs or wants
 - 3 very different consumer scenarios
 - Different types of AT but ALL increased independence
- These are 3 examples of how AT can benefit consumers in their own home. Make sure you do your research concerning what devices are needed to increase the consumers independence!

Assistive Technology's Role in Nursing Facility Transition

and how it can help someone
have “the Good Life”

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(800) 537-2329 – toll-free

The Georgia Advocacy Office (GAO)

- Georgia's designated Protection and Advocacy organization
- Mandated by federal law to protect and advocate for the human and legal rights of people with disabilities or mental illness
- Independent of any government entity

GAO's Priorities

- Protect people with disabilities or mental illness from abuse, neglect, and death
- Redress discrimination and advocate for the legal rights of people with disabilities or mental illness
- Encourage self advocacy and advocacy by ordinary citizens

GAO's Values

- Independence and loyalty
- Visibility, value, and voice
- What keeps people safe/what people need
 - Meaningful relationships
 - Real homes
 - Employment and other meaningful activities
 - “The Good Life”

The Protection and Advocacy for Assistive Technology (PAAT) Program

- What is it?
 - High tech or Low tech
 - How an object is used
- The PAAT program's top priority
 - Working with persons who are living in congregate settings and who are in need of or use assistive technology

AT and Nursing Facility Transition

- PAAT's work with other GAO program
- Accessing AT during the nursing facility transition process
- Importance of AT during the nursing facility transition process
- Funding of AT

Bill's Story

AT's role in helping someone have "the Good Life"

- Valued Social Roles
- Why are valued social roles important?

Carter's Story

Resource List

Georgia Microboards Association

<http://www.gamicroboards.org/>

Neighborhood Legal Services

www.nls.org

The Georgia Advocacy Office—Publications: The
Community Options Guide

<http://thegao.org/category/publications/>